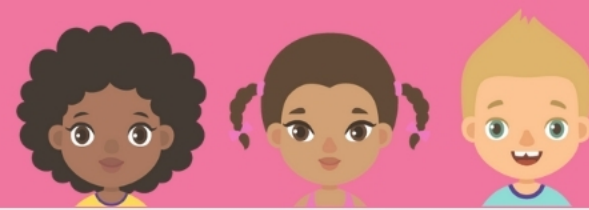


# ROMEO RESILIENCE



- R**  
RESILIENCE
- E**  
EMPATHY
- S**  
SELF AWARENESS
- P**  
POSITIVITY
- E**  
EXCELLENCE
- C**  
COMMUNICATION
- T**  
TEAMWORK

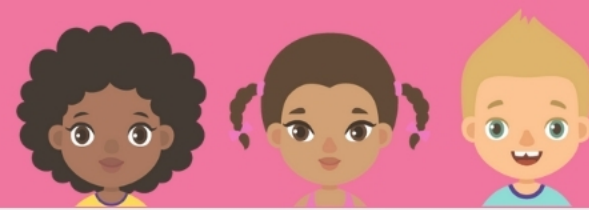
# What is resilience?



**Resilience** is  
when you  
decide to give  
up on giving in.



1. The capacity to recover quickly from difficulties; toughness.  
"the often remarkable resilience of so many British institutions"
2. The ability of a substance or object to spring back into shape; elasticity.  
"nylon is excellent in wear ability, abrasion resistance and resilience"



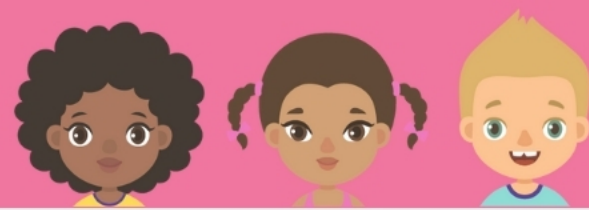
“We all face different challenges growing up and some of these challenges can be difficult.

It is worth remembering that it is ok to get things wrong or to find things hard. I actually like it when people get things wrong, as long as they keep trying because that is **RESILIENCE**”

Romeo Resilience

**If you keep trying you will never fail!!!**



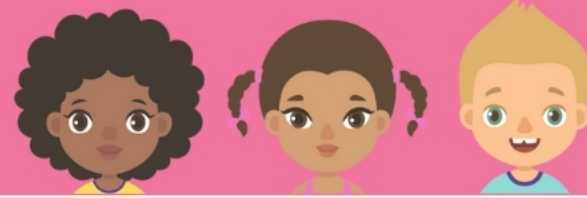


**Resilience does not just mean to keep trying.  
To be resilient, you have to know when to ask for help.**

**Have you ever asked for help?  
Who did you ask?**

**Remember:  
Do not give up, it is ok to get things wrong and  
ask for help if you need it.**





Learn from your mistakes ( we all make them )

**Think positive thoughts**

Talk to someone you can trust

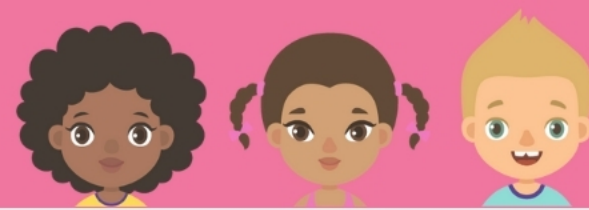
**Accept that negative things will happen.**

Keep trying

**Ask for help**



# How can I be resilient?



**REFLECT** think about what happened, how you felt, and how you reacted.  
What worked for you?

Take a minute to breath before you act.  
Identify the problem or the trigger.

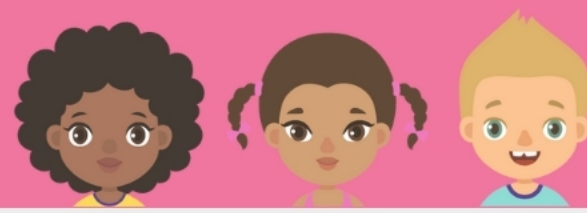
What would you like to happen?

What is the first step to make this right?

Who can help you?

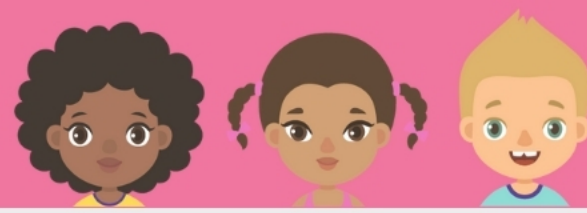
What makes it feel better?





J.K. Rowling had just been through a divorce, was on government aid, and could barely afford to feed her baby in 1994, just three years before the first Harry Potter book, *Harry Potter and The Philosopher's Stone*, was published. When she was shopping it out, she was so poor she couldn't afford a computer or even the cost of photocopying the 90,000-word novel, so she manually typed out each version to send to publishers. It was **rejected** dozens of times until finally Bloomsbury, a small London publisher, gave it a second chance after the CEO's eight year-old daughter fell in love with it.





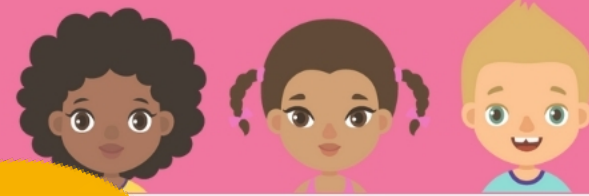
Did you know he was fired from the Kansas City Star because his editor felt he “**lacked imagination and had no good ideas?**”

Did you know that Walt Disney formed his first animation company in Kansas City in 1921 and made a deal with a distribution company in which he would ship them his cartoons in New York and get paid six months later?

Unsurprisingly, he was forced to dissolve his company because he could not pay his rent and was (reportedly) surviving on dog food. Needless to say, he went on to be nominated for 59 Academy Awards and is the great animator of our time.







Everyone can learn how to be resilient  
You might still feel stressed at times but it's how you deal with it that counts.

**With practice anybody can learn how to get back on track after negative things happen**

**Resilience is when you decide to give up on giving in**



**REFLECT** think about what happened, how you felt, and how you reacted.

What worked for you?  
Would you do anything differently?

